



ASSERTIVE BILL OF RIGHTS

Gael Lindenfield, one of the UK's leading personal development trainers,
has listed the following assertive rights

- The right to ask for what we want (realizing that the other person has the right to say "No")
- The right to have an opinion, feelings and emotions and to express them appropriately.
- The right to make statements which have no logical basis and which we do not have to justify.
- The right to make our own decisions and to cope with the consequences.
- The right to choose whether or not to get involved with the problems of someone else.
- The right to know about something, or to understand.
- The right to make mistakes.
- The right to be successful.
- The right to change our mind.
- The right to privacy
- The right to be alone and independent.
- The right to change ourselves and be assertive people.